

GUIDANCE AND PLACEMENT SERVICES DIGEST

Volume 3-Number 13 –February 24, 2006/ Page 1

This Digest is used to transmit information pertaining to the four program components of the Missouri Comprehensive Guidance Program: Curriculum; Individual Planning; Responsive Services; and System Support to professional school counselors, placement personnel, career and technical school counselors and administrators at all levels throughout the state.

ANNOUNCEMENTS:

A. What materials do you need?

One of the services of The Missouri Center for Career Education (MCCE), which is located at Central Missouri State University, is to provide resources that can be checked out for use in schools throughout the state to supplement and enhance the career education curriculum. The Center has asked us to invite you to submit information about materials that you would like for them to consider purchasing so those materials would be available for counselors as well as others to use in working in the area of career development. To see more information about this and to look at current offerings, go to <http://missouricareereducation.org/res/index.html>.

PROGRAM COMPONENTS:

(Note: From time to time, resources that are brought to our attention through ASCA listservs or other means that could be used as part of a guidance program will be listed here. The readers are encouraged to investigate the resources and decide whether or not they are appropriate for their programs. Listing of these resources does not constitute endorsement by either our section or DESE.)

{CURRICULUM}

Upcoming events in March (From ASCA)

Monthly: American Red Cross Month	Child Abuse Prevention Month
Music in our Schools Month	National Middle Level Education Month
National Nutrition Month	National Occupational Therapy Month
National Women's History Month	Social Work Month
Youth Art Month	

Weekly or Daily:

1st -School Principal's Day	2nd - Read Across America Day
6th –12th - Newspaper in Education Week	8th - International Women's Day
8th – No Smoking Day (www.nosmokingday.org.uk/)	11th - Johnny Appleseed Day
12th - 18th - Girl Scout Week	13th – 17th - National School Breakfast Week
14th – 20th - National Agricultural Week (www.agday.org)	16th - Absolutely Incredible Kid Day (www.campfire.org)
20th – International Earth Day (http://www.earthsite.org/)	20th - First Day of Spring
20th - National Agricultural Day (www.agday.org)	21st - International Day for the Elimination of Racial Discrimination
23rd - National Energy Education Day	

A VALUABLE RESOURCE FOR CAREER EDUCATION

The Missouri Center for Career Education produces an e-mail newsletter containing a wealth of information in the area of career education. If you would like to subscribe to the newsletter or to see more information from this valuable resource, go to <http://missouricareereducation.org/>

{INDIVIDUAL PLANNING}

A. INFORMATION ON KUDER IS AVAILABLE

The Winter/Spring issue of Kuder User News, National Career Assessment Services, Inc.'s (NCASI) quarterly newsletter for those that use, teach, and administer the Kuder Career Planning System and those that are interested in career planning, is now available.

To read the Fall/Winter Issue, please follow this link: http://www.kuder.com/news/Vol4_No4/default.html.

B. TOP 10 TIPS FOR MAKING HIGH SCHOOL COUNT

Mapping Your Future has partnered with ACT (www.act.org) to provide the online Make High School Count program for students, parents, and middle school counselors. The program provides information about planning for education after high school - beginning

The Department of Elementary and Secondary Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Inquiries related to Department programs may be directed to the Jefferson State Office Building, Title IX Coordinator, 5th Floor, 205 Jefferson Street, Jefferson City, Missouri 65102-0480; telephone number 573-751-4581.

GUIDANCE AND PLACEMENT SERVICES DIGEST

Volume 3-Number 13 –February 24, 2006/ Page 2

in eighth grade. Below are tips for Making High School Count. You can learn more about each of the tips by going to <http://mapping-your-future.org/features/mhscstudcourses.htm>

10. **Know the terms** - Do you know what an elective is? What about your class rank? Do you know how these could affect your future? Learn the terms today.
9. **Make your high school classes count** - Take challenging courses and other courses that will help you identify your interests and prepare for college.
8. **Know the basics of class scheduling** - Become familiar with the required courses and graduation requirements of your high school. Ask your parents, teachers, or school counselor for help with your schedule.
7. **Take the right courses during high school** - Take the courses you need to get into the school of your dreams.
6. **Use the course planning chart** - Use the chart to plan your classes for all four years of high school.
5. **Prepare outside of school** - Develop effective habits outside of school that will help you later in life.
4. **Decide what you'll do after high school** - It is never too soon to begin planning for your future.
3. **Explore your financial aid options for college** - There are several programs available to assist you with the costs of college—make sure you are educated about all of them.
2. **Get started now** - Take this information to your parents or school counselor and get their help in planning your future. And the number one tip to Make High School Count is . . .
1. **Keep your options open** - Are you going to attend college immediately following high school graduation? Should you take your core classes at a community or junior college and transfer to the school of your dreams a year or two later? Should you consider other options?

{RESPONSIVE SERVICES}

A. National Suicide Prevention Lifeline Available

the National Suicide Prevention Lifeline, 1-800-273-TALK (1-888-628-9454 for Spanish-speaking callers) is the only federally funded hotline for suicide prevention and intervention. People who are in emotional distress or suicidal crisis can call the Lifeline at any time, from anywhere in the Nation, to talk in English or Spanish with a trained crisis worker who will listen to and assist callers in getting the help they need.

For more information about the Lifeline, visit www.suicidepreventionlifeline.org.

B. NEW REPORT REVEALS ALARMING TRENDS IN GIRLS' USE OF DRUGS, ALCOHOL, CIGARETTES AND PRESCRIPTION DRUGS

Despite commonly held beliefs that boys are at higher risk for using illegal substances, recent data indicate that girls have caught up with boys in illicit drug and alcohol use and have actually surpassed boys in cigarette use. More girls are also starting to use illicit substances than boys. And we need your help to raise awareness among parents in your community.

Although substance use among teens has shown steady declines in the past few years, the National Youth Anti-Drug Media Campaign is urging parents to be aware of the vulnerabilities unique to girls that can lead to substance abuse.

According to the latest research:

- ** For the last two years that research is available (2003-2004), more teenage girls than boys started using marijuana, alcohol and cigarettes.
- ** When girls use illicit drugs, marijuana is the most commonly used substance. In fact, girls use marijuana more than cocaine, heroin, Ecstasy, methamphetamine and all other illicit drugs combined.
- ** Adolescent girls are particularly susceptible to the physical and mental consequences of substance abuse, especially at a critical time in life, when their bodies and brains are still developing.
- ** Studies show that marijuana use may increase the risk of depression among girls. In fact, more than twice as many girls than boys reported having at least one major depressive episode in 2004.
- ** Girls may develop symptoms of nicotine addiction faster than boys.
- ** Adolescent girls who consume even moderate amounts of alcohol may experience disrupted growth and puberty.

The findings show that teenage girls use drugs and alcohol for different reasons than boys. Many girls experience a dramatic transition during early adolescence, marked by a decline in their self-esteem and self- confidence.

The Department of Elementary and Secondary Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Inquiries related to Department programs may be directed to the Jefferson State Office Building, Title IX Coordinator, 5th Floor, 205 Jefferson Street, Jefferson City, Missouri 65102-0480; telephone number 573-751-4581.

GUIDANCE AND PLACEMENT SERVICES DIGEST

Volume 3-Number 13 –February 24, 2006/ Page 3

Indeed, surveys show that young females tend to use alcohol or drugs to improve mood, increase confidence, reduce tension, cope with problems or lose inhibitions. Another often-cited reason among girls for their substance abuse is issues with weight loss, including misuse of diet pills.

Parents play a crucial role in keeping their daughters healthy and drug- free. In fact, teens who are regularly monitored by their parents are less likely to use drugs. It's imperative that parents set clear rules and expectations about no drugs and alcohol and have regular conversations with their teen about the dangers of drug use.

You can see this information and more by visiting the "Girls and Drugs" section on TheAntiDrug.com at:
(http://www.theantidrug.com/drug_info/girls-and-drugs-index.aspx)

{SYSTEM SUPPORT

A. Counselor Advocacy Suggestions for March -Provided by Missouri School Counselor Association (MSCA)-Joni Rost and Jennifer Frankenberg, Advocacy/Public Relations Co-Chairs:

- Plan and present a parent workshop dealing with pertinent issues
- Prepare newsletter for parents and staff

“If you look back too much, you will soon be heading that way.” Author unknown

B. A Teaching Moment; Something to share with parents of students

Who Stole Your Day? (Thanks to Carole Hale, St Louis, MO for sharing her Teaching Moment idea.)

Every day has the potential to be a good, and in some cases, a great day for you. Few of us get up in the morning thinking that we want this to be a bad day. Yet in many cases the day turns that way because of a person, an event or because we worry about something in the future.

This Teaching Moment is about those small events that throw you off balance and negatively impact your day.

What stole your day? Was it a boss, an unruly child, the erratic driver on the way to work, not getting the “B” you expected on the history paper, a discourteous server at lunch, etc.

Every day there are numerous people or events that can prevent us from having a good day – if we let them. The key is not letting them “steal your day.”

In most cases we can not control these life experiences, but we can control how we react to them. Lao-Tzu, a Chinese Philosopher said: “He who conquers others is strong; he who conquers himself is mighty.”

Question for discussion:

- Discuss the pluses and minus of your day with your family. Be specific
- Discuss with your family something that almost “stole your day.” Describe the event and how you handled it.
- Do you notice a pattern? Are there particular people or events that seem to always steal your day? Say, the drive to work, the bus to school, and the neighbor’s barking dog? etc. Discuss.

Suggestions for implementation:

- Do your- family members have suggestions on how you could have handled a particular situation? Keep it positive. This is a learning experience for everyone in the family. The idea is to share positive ways to keep you positive and focused on what is really important.
- Make this a fun discussion stimulating experience for everyone.

Learn to accept others. They may be having a bad day for any number of reasons. Take a couple of deep breaths and say to yourself: “I’m not going to let this steal my day.” To see other examples, go to www.TeachingMoments.com

GUIDANCE AND PLACEMENT SERVICES DIGEST

Volume 3-Number 13 –February 24, 2006/ Page 4

CONFERENCES/ WORKSHOPS OF NOTE:

A. SECOND CHANCE TO ATTEND!!

An abbreviated version of the two-day Military Child Education Coalition (MCEC) Training of Trainers Institute held at Tan Tar A earlier this month will be held on March 2, 2006 at the Capitol Plaza Hotel, 415 W. McCarty Street, Jefferson City, Missouri 65101 from 8:30 am – 4:00 pm with registration and continental breakfast at 8:00 am. The workshop includes one continental breakfast, one lunch, one break refreshments and conference materials (no registration, meal, or resource material cost to participants). As with the earlier workshop, the unique challenges of the "suddenly military" child, whose parent has been deployed in support of the Global War on Terrorism, will be the focus. The workshop is designed for School Guidance Counselors and other Student Support personnel, and its goal is to create informed, sensitive and proactive school support for these students who populate almost every school district in Missouri. The curriculum, content, process, and delivery are correlated with the National Staff Development Council's Standards and the National Standards for School Counseling Programs. Although the deadline for registration was February 21, 2006, you still might be able to attend if you act quickly, Send registration form to MCEC™, by fax at 254-953-1925, Attn: Linda Neault or register on line at www.MilitaryChild.org (Training/Workshops). For more information about the Supporting the Children and Families of Guard and Reserve Institute© or this workshop, please contact Linda Neault at 254-953-1923 or Linda.Neault@MilitaryChild.org

B. MISSOURI SCHOOL COUNSELOR ASSOCIATION (MSCA) SPRING CONFERENCE will be held **March 3, 2006 in Jefferson City.** For information, go to <http://schoolweb.missouri.edu/msca/>

C. PATHWAYS CONFERENCE, MARCH 5-7, 2006, AT TAN TAR A.

For information, go to <http://www.dese.mo.gov/divteachqual/leadership/> or call Kelly Benson at the MU Conference Office at (573) 882-242

D. ACT CONFERENCE IS COMING ON MAR 8 & 9!!

The Missouri State ACT Annual Conference will be held on Mar 8 and 9, 2006 at the Holiday Inn Select, 22001 I-70 Drive SW, Columbia, Mo. The phone number for the hotel is 573-445-8531 The Pre-conference will be held on Wed Mar 8, 2006 with the Conference to be held on Thursday Mar 9, 2006.

For information and to register online go to www.act.org/events

If you have questions, please contact the ACT Midwest Region Office
300 Knightsbridge Parkway, Suite 300, Lincolnshire, IL 60069-9498

Phone: 847-634-2560, Fax: 847-634-1074

The registration deadline is Mar 1, 2006

E. AMERICAN SCHOOL COUNSELOR ASSOCIATION (ASCA) ANNUAL CONVENTION, JUN 24-27 IN CHICAGO ILLINOIS. For information, go to <http://www.schoolcounselor.org/>

F. 12TH ANNUAL CHARACTER EDUCATION CONFERENCE-JULY 13-15, 2006, HYATT REGENCY UNION STATION HOTEL-ST. LOUIS For information, go to: <http://www.characterplus.org/main.asp?nID=425&NavID=2>

G. 20TH ANNUAL HIGH SCHOOLS THAT WORK (HSTW) SUMMER CONFERENCE, ORLANDO WORLD CENTER MARRIOTT IN ORLANDO, FLORIDA, JULY 12 - 15, 2006. For information, go to <http://www.sreb.org/programs/hstw/professionalDev/SummerConference/2006Conferenceindex.asp>

H. MISSOURI ASSOCIATION OF CAREER AND TECHNICAL EDUCATION (MOACTE) SUMMER CONFERENCE, JULY 24-27, 2006 IN SPRINGFIELD. To see details as they become available, visit <http://www.mo-acte.org/>